



Dear Friends,

As we head into this fall flu season, it is important that we protect our families by taking simple steps to prevent the spread of the H1N1 virus, also known as the swine flu. While the headlines and the television chatter about the H1N1 virus may have quieted down, H1N1 has not gone away. So far, H1N1 has been most contagious among children and young adults aged six months to 24 years old. It can also be dangerous for a person with an underlying medical condition—such as asthma or diabetes—or for those who are pregnant. I want to emphasize that it is of the utmost importance that our families remain safe and protected from this virus, and we can start by taking simple preventative measures. Information about precautionary steps you can take right now is on the back side of this flyer.

In addition, the new H1N1 virus has been isolated, and groups such as the National Institutes of Health, the Centers for Disease Control and Prevention, and the Food and Drug Administration are **in the process of finalizing the vaccine that is expected to be available as early as mid-October 2009**. The CDC encourages individuals to get their seasonal flu vaccine as soon as it is available, along with the H1N1 vaccine. However, please consult with your physician before receiving these vaccinations.

For more detailed resources and information about H1N1, visit www.flu.gov. You can also contact the following agencies directly:

- Centers for Disease Control and Prevention: 1-800-CDC-INFO / www.cdc.gov
- California Department of Public Health: 1-888-865-0564 / www.cdph.ca.gov
- San Mateo County Health System Department: 1-650-372-8572 / <http://www.co.sanmateo.ca.us/portal/site/health>
- San Francisco Department of Public Health: 1-415-701-2311 / www.sfdph.org

Sincerely,

A handwritten signature in black ink that reads "Jackie Speier". The signature is fluid and cursive, with the first name "Jackie" and last name "Speier" clearly distinguishable.

Jackie Speier
Member of Congress

BASIC TIPS TO SAFEGUARD AGAINST H1N1

1. Wash your hands often with soap and water
2. Avoid touching your nose, eyes, and mouth
3. When coughing or sneezing, cover your mouth with a tissue and dispose after use
4. Avoid close contact with sick people
5. If you are sick, limit your contact with others for at least 24 hours until you are free of fever
6. Follow the advice of your local public health department regarding school closures, avoiding large crowds, and other measures to reduce flu transmission

WHEN TO SEEK URGENT MEDICAL ATTENTION

Child symptoms:

- Difficulty breathing
- Bluish / grayish skin color
- Lack of thirst
- Severe or persistent vomiting
- Not waking up or interacting with others
- Being so irritable that the child refuses to be held
- Flu-like symptoms that improve but return with greater intensity

Adult symptoms:

- Difficulty breathing
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but return with greater intensity